

MVHS NIGHTHAWK NEWS

Keeping our families up to date on the latest information

Letter From Our Principal

Dear Parents and Students:

These are truly such unprecedented times. Normally we are moving into our final six weeks of school, preparing for state testing. Our performing arts programs are working towards Spring performances, Our robotics team would be planning a trip to the worlds in Kentucky and our Virtual Enterprise team the same in New York City. Our sports teams would be well into their league competitions, with many having an eye on CIF post season play and our seniors would be counting down the days until graduation in our stadium, with many fun-filled activities along the way.

As we proceed, we will follow the wisdom of our public health agencies. We have watched education transform before our eyes. April 6th will begin the next phase of our online program. As our school district continues to follow the guidance of the California Department of Education, we see our online system continually evolving. Our teachers have worked collaboratively to work with tools to offer our students the best educational opportunities. Our staff have met through Teams or Zoom extensively during the week before Spring Break. We ask that your students access their district email regularly to stay in communication with their teachers. Please bear with us as we move forward with this new challenge.

We all have recently been informed that our California schools will work in an on-line mode for the remainder of the school year. This has been a very disappointing spring for our MVHS class of 2020 and those of us who greatly respect them. We are working with our district office and the administrative staffs at Vista Murrieta and Murrieta Mesa to build as positive experience as we can for our seniors in following the guidelines that we must work within.

We know that this illness has touched several of our Murrieta families. My thoughts and prayers go out to those that have been impacted by the coronavirus. We know that many families have not been directly affected by the virus, but what we know as "normal" has changed. We currently don't know if our new "normal" will be in place for the long term or short term. At this point, we don't know if it has changed forever. How long will we live being concerned with social distancing, wearing gloves and masks? How long will we live without handshakes and hugs? Hopefully, as many of us have been forced to slow down our lives and spend time with those that are the closest to us, we have been enriched in unexpected ways. What I do know is that we live in a wonderful community, with great and supportive people and families, Murrieta. We live in a great country, the United States of America, and we will continue to fight through this. To borrow the words shared by some of our community members that frequently post encouraging words on the way up Calle del Oso Oro "Don't count your days, make your days count.

"Doing it the R.I.T.E. Way (Respect, Integrity, Teamwork, & Excellence),

Dr. Mark Pettengill, Principal

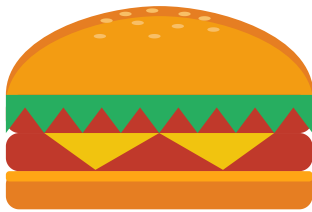
Murrieta Valley High School



Where can I go for updated information about the coronavirus?

The newest information can be found on the MVUSD website directly: <https://www.murrieta.k12.ca.us/site/default.aspx?PageType=3&DomainID=1&ModuleInstanceID=39231&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=77209&PageID=1>

Where can I go for information about school lunches?



FREE school lunches for students 18yo and younger are available Monday-Friday from 11am-1pm at the following locations starting April 6th:

Thompson MS
Shivela MS
McElhinney MS
Warm Springs MS

Where can I go for information about distance learning?

Information about distance learning and enrichment can always be found at the MVUSD website here: <https://www.murrieta.k12.ca.us/Domai n/4469>

For tech help, please email MVUSDinfo@mvusd.org

COVID-19 Counselor Resource Page

Check your email & Aeries Communication for your weekly Counseling Update from MVHS counselors, including information on how to schedule meetings with the counselors, senior update, etc...

[https://www.murrieta.k12.ca.us/site/default.aspx?](https://www.murrieta.k12.ca.us/site/default.aspx?PageType=3&DomainID=1416&ModuleInstanceID=5646&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=77879&PageID=7912)

[PageType=3&DomainID=1416&ModuleInstanceID=5646&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=77879&PageID=7912](https://www.murrieta.k12.ca.us/site/default.aspx?PageType=3&DomainID=1416&ModuleInstanceID=5646&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=77879&PageID=7912)

COVID-19 Resource List

The TSAPP Team would like to encourage you to follow best practice guidelines for reducing risk of exposure to COVID-19. This includes staying home as much as possible, practice social distancing (minimum of 6 feet apart), and covering your mouth and nose while out in public.

We have also included a list of resources to help you access information during this difficult time. Please visit <https://www.rivcoph.org/> for up to date local news and guidance.

General Coronavirus information: 211 or (800-464-1123)

Mental Health Services	Support Services
<ul style="list-style-type: none">• Suicide Prevention Hotline: 800-273-8255 or text 741741• Operation SafeHouse 24hrs: 951-351-4418• Rainbow Pride Youth Alliance (LGBTQ) Social Support: 951-435-1564• HELPLine Riverside County 24hrs: 951- 686-4357• California Youth Crisis Line 24hrs: 1-800-843-5200• Riverside County CARES Line 800-706-7500	<ul style="list-style-type: none">• Unemployment Information: 800-300-5616• Food services for adults 60 and over: 951-867-3800• Temporary shelter for homeless individuals and families: 800-498-8847• Child Support Services: 866-901-3212• Department of Social Services (DPSS): 877-410-8827<ul style="list-style-type: none">- CalFresh- CalWorks- Medi-Cal

Riverside University Health System Public Health

Teen Suicide Awareness and Prevention Program (TSAPP)

Injury Prevention Services Branch | April 2020 | PH: (951) 358-7171

Protecting Our Mental Health During Times of Crisis

In times of uncertainty, engaging in self care activities can greatly protect and strengthen your emotional wellbeing. We have listed suggestions below to help you:

<p>Exercise is not just good for your physical health! Activities such as yoga, walking, biking, or online workouts can improve your mental health. Physical activity may help to reduce stress, anxiety and improve your mood.</p> 	<p>Social activity. Although we need to refrain from physically engaging with friends or family, we can stay connected virtually! You can host a chat party with friends or family with the help of online sites such as snapchat, zoom or skype.</p> 
<p>Eating habits. Changes in eating habits or lack of nutrient rich food can lead to feeling sluggish and tired. Seeking healthy snack options such as fruits, and veggies and drinking plenty of water throughout the day can help sustain your mind and body.</p> 	<p>Online mental health support. Seeking additional support during times of high stress and uncertainty is vital in protecting your mental wellbeing. Support such as the SAMHSA Disaster Distress Line: 1-800-985-5990 (or text TalkWithUS to 66746), is available to anyone feeling overwhelmed.</p> 
<p>A good night's sleep. 7-8 hours of sleep is vital for increased physical and mental health. Diminishing screen time, and maintaining a consistent bed time will help you gain more restful sleep.</p> 	<p>Practice mindfulness. The practice of pausing, breathing, and just "being" is essential to your well-being and mental health, helping to reduce stress, worry less and enhance feelings of resilience.</p> 

For more information or resources please visit Each Mind Matters website at: <https://www.eachmindmatters.org/>

Funding for the program is provided by the Riverside University Health System—Behavioral Health, through Prevention and Early Intervention Program (PEI)

Message from Yearbook!

You might be wondering if there is still going to be a yearbook, and the answer is yes! This is a chaotic and stressful time for so many, and there are still many uncertainties. Yet, our students, families, and school staff are coming together and making memories in new and unusual ways. The job of the yearbook staff is to record the history of the students and their school year.

This is the history of our school year.

To substitute the missing events (e.g., Mr. Nighthawk, prom, etc.), we will cover life during the quarantine in three ways: entertainment, food, and learning. But we need your help! We need your photos!

Please send us pictures of what you're doing during this time: What are you doing for entertainment? What are meal experiences, shopping like? How has your "classroom" changed? Adjusting for spring sports, are you training/playing at home?

Photo guidelines and recommendations:

MVHS students and family only.

No more than 3 in a photo.

Action! Please, no standing posing photos.

Lots of face. Let's see who's in the photo.

The more information, the better! Who, what, when, where, why.

File size is important. The larger, the better (max 10MB).

Portrait orientation works best.

CLICK HERE TO SUBMIT A PHOTO: <https://forms.office.com/Pages/ResponsePage.aspx...>

**we
need
your
pics!**



Spring Sports?

Add a little bit of Spring sports to our yearbook! If you have a large amount of sports photos we could have access to (e.g., Shutterfly, Dropbox, Drive, etc), that would be great.

**Just email access links to the advisor,
Mr. Johnson
(jajohnson@murrieta.k12.ca.us).**

ArtWalk 2020

Though the Art-Walk Showcase was cancelled to the community this year, MVHS students were given the opportunity to view the show during school hours the week before school closure. Graphic Design, Drawing & Painting, and Studio Art students worked all year to produce artwork for the display. The show was all set to go the day before the announcement came of the cancellation. Seeing the disappointment of her art students, Mrs. Van Doorn opened the show during lunch, office hours and after school as well. Students were given a ballot and voted for their favorite works of art in three categories. Here are the winners:

Drawing & Painting

1. Monique Basin: Coexist
2. Chloe Angues: Damned
3. Madi Rice: Storybook

Graphic Design

1. Makota Walther: Loathing Star
2. Sam White: Skeleton Soup Recipe
3. Alea Hall: Tickled Pink

Advanced Graphic Design

1. Ryan Luopa: Teleportation
2. Ben Bradley: Vibe Check
3. Annah Ortiz: Conspiracy Theory



Monique Basin



Ava Waither



Ryan Luopa

How Can I Get Involved for 2020-2021?

Murrieta Valley High School
Band Program
Brad M. Pulverenti, Director

MVHS Band Program Recruitment Article

MVHS Band and Color Guard Program – Join in the FUN!

Do you love music? Are you looking for a thrilling activity that will allow you to travel and meet lifelong friends? The Murrieta Valley High school Band and Color Guard program is looking to expand its membership. Current, incoming, and transfer students of Murrieta Valley High School are encouraged to join the fun and excitement offered through the Band Program by becoming a member of one of its ensembles. There are opportunities for students to perform on an instrument or learn to dance and spin various pieces of equipment in the Color Guard. Interested students should speak with their Guidance Counselor as soon as possible and contact Mr. Brad Pulverenti, Director of Bands, at bpulverenti@murrieta.k12.ca.us.

Interested in the **MVHS Dance Team?**

Please fill out this form to let us know about you! NEW tryout information and an online clinic will be posted on our Instagram page @murrietavalleydance. Make sure you follow our Instagram page for information and choreography you will need to know to tryout. Please submit by April 10th! Please email me with any question you may have!

mromero@murrieta.k12.ca.us

<https://tinyurl.com/uabwe4p>

If you or your child are interested in trying out for the 2020-2021 **MVHS Cheer** team please make sure to fill out the interest form to stay up to date on all things tryout related! Please also SHARE THIS POST to spread the word! :) ♥

☐ #GoHawks

#NighthawkNation

Link: <https://forms.gle/yq5pxnAjmrsHDgPF7>

Breaking News - Election Results!

ASB President- Braydon Hart
ASB VP- Mekenna Clugston
ASB Secretary- Jonah Stratton
Clubs & Funds- Zoe Vilchez
Secretary of Senate- Jesse Davila
Link Crew President- Madison Lambson
Link Crew VP- Kate Beauchamp
PLUS Captain's- Emily Peters/Andon Lieu
Nighthawk Pride Pres.- Rosalinda Finnegan
Nighthawk Pride VP- MacKenzie Rutledge

Senior President- Christina Batte
Senior VP- Sadie Fronk
Senior Sec/Trea- Iris del Valle
Junior Pres- Serenity Sanchez
Junior VP- Addison Alvarez
Junior Sec/Trea- Sophie Lopez
Soph President- Noah Benavides
Soph VP- Luke Demary
Soph Sec/trea- Riley Demary

Congratulations!

Nurse's "Stuck-At-Home" Corner

We miss seeing our regulars and hope that you are all safe and well at home. <3 Please keep safe by washing your hands a lot and covering your face when you are outside. Remember, no BODY is immune. Try this easy, no-sew bandana face covering, along with sewn ideas shown here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

We can't wait to see how you all again!! Take care and if you have any questions, or just want to check-in, please e-mail me at: lvanryzin@murrieta.k12.ca.us

Lisa Van Ryzin, MSN, RN—School Nurse

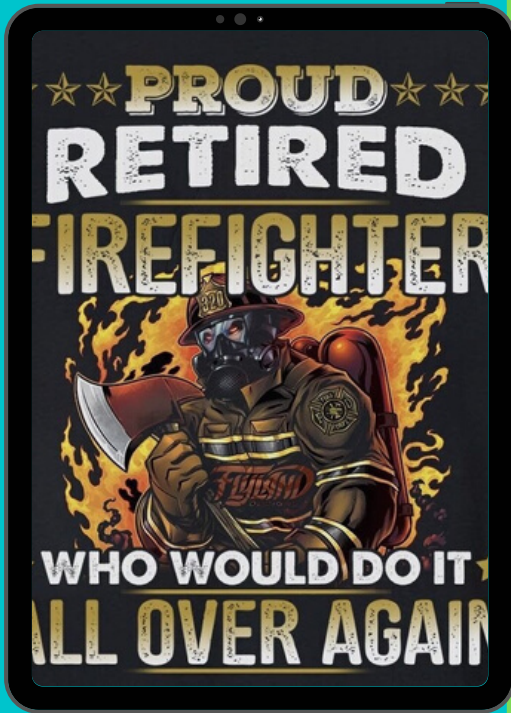


notes from your MVHS staff...

From Mrs. Carlson – I have enjoyed hearing from students on my discussion boards about all of the positive things they are doing during this time. Many students are helping with their younger siblings, learning how to cook, taking their dogs for more walks, reading books and bike riding. Even though I miss my students terribly, I am proud of the amazing and positive activities they are involved in during social distancing.



To all of my Fire Science Students, I hope one day in your future you will feel like this;
Stay Safe - **Mr. Shuck**



How Can I Stay Connected?

- UPDATES FROM MVUSD
- MVHS WEBSITE
- AERIES COMMUNICATIONS (EMAIL, TEXTS)
- FACEBOOK PAGE (MURRIETA VALLEY HS)
- MONTHLY NEWSLETTER
- WEEKLY VIDEO BULLETINS
- MVUSDINFO@MVUSD.ORG FOR TECH HELP
- EMAIL TEACHERS/COUNSELORS

CONTACT US:

PRINCIPAL - DR. MARK PETTENGILL

AP - STEPHEN DIEPHOUSE

AP - AMY IRWIN

AP - RYAN TUKUA

COUNSELING:

NICOLE CASTRO

RICK LOCKWOOD

DINORA MENDOZA

JULIE THORNBURG

JIM VANDENBURGH

BETTY VELASQUEZ (GUID. TECH)

VALERIE YOUNG (GUID. TECH)

ATHLETICS:

DAREN MOTT

KAREE MASON (SECRETARY)

ACTIVITIES:

GENIEL MOON, ACTIVITIES DIRECTOR

CINDY MUZIC (ACTIVITIES SECRETARY)

BOOKKEEPING:

KATHY LEFIELL

KAREN LAWRENCE

HEALTH:

LISA VANRYZIN (NURSE)

CRIS GORRIA (HEALTH TECH)

NATALIE RIDDLE (SITE SECRETARY)

LORIE PINCHOT (AP SECRETARY)

VERONICA RUIZ (AP SECRETARY)

KELLIE GAINES (AP SECTY/GUIDANCE)